

# HOW DO YOU DRESS YOUR FEET?

"Taste should be used Discriminately for Footwear as for Headwear. The Beauty of the Feet is most Important" Says

Lillian Russell

BY LILLIAN RUSSELL

**T**HERE has never been a day when women were not proud of their slim, well turned ankles, and yet the prevailing fashion of white topped boots goes further to disfigure that "well turned ankle" than any other fashion which women may follow. Women in New York wear the white topped boots without judgment or discretion. You will see a stout woman with overdeveloped ankles walking innocently along Fifth avenue, oblivious to the fact that she is the laughing stock of everybody. Then, again, the white topped boots are often seen worn with a dark short skirt, which gives the effect of shortening the height of any woman.

The only women who can wear white topped shoes becomingly are the thin women with slim, beautiful ankles. And then they should be worn only with white gowns. The same rule should apply to the wearing of white stockings with black low shoes. White stockings, no matter how fine the quality, will add an inch in appearance to the measurement of any ankle excepting when worn with a small toe slipper of satin or kid and with evening dress.

## Well Dressed Feet Please Men.

Surely some women cannot see their ankles as others see them. I am telling no secret when I say that most men see a woman's foot before they see her hand, and often before they see her face. Nothing pleases a man more than to see a woman with a neat, well dressed foot. Too small shoes are not attractive; the shoes must be long enough to prevent cramping, for a cramped foot causes the ankles to puff and joints to enlarge.

Nothing makes a foot slim and gives strength and suppleness to the ankles so much as plenty of walking. If woolen stockings are worn to cause the feet and ankles to perspire while walking they will become thin and trim. If when returning from such a walk the feet are rubbed with half of a lemon, rubbing in the lemon juice thoroughly, they will become white and will not swell.

A fine, healthy foot, well dressed in a low shoe of the gun metal kid, or even of patent leather, with a plain black silk stocking, pulled well up so that it does not wrinkle around the ankle, is a mark of beauty to any woman. But a white top to a black shoe makes the ankle appear larger than the foot and is most awkward looking.

Taste should be used as discriminately for footwear as for headwear. I am sure that there is a great satisfaction in knowing that one's feet are fine to look at. The beauty of the feet is important. The feet are sometimes small affairs, but if not well treated they have the power to make one most miserable.

## Foot Dressing Index of Character.

I have heard men say that they judged a woman's character by her foot dressing. So if you care for man's approval and criticism, be careful about how you dress your feet.

Nature forms every foot on a plan of her own. Mankind seeks to improve its shape by clothing it in habiliments outlined upon an entirely different basis. The result, while possibly temporarily satisfactory to the eye, is eventually productive of deformities, excruciations, sensitiveness, and tenderness; and not the least because the last on the list, a direct connection between the tortured members and the most touchy portion of the temper.

Sensibly considered, nothing of beauty is gained by wearing shoes that are too short or too narrow. There is nothing of grace in the motion of a woman who hobbles along on exaggerated French heels which are built out under the insteps of shoes into which her feet are literally forced. Besides, if her foot is not naturally shaped, thus shod it will soon communicate its ugly outlines to the short, tight shoe, upon which every ungainly curve of the foot is pressing so hard; while if it were clad in one tight over the instep but comfortably loose through the vamp, low in the heel and longer than the foot, the latter would not disclose its imperfections so distinctly, the walk would be more graceful, the wearer more comfortable, and the shoe would much longer retain its original shape.

It is with pleasure that the gradual decadence of the French heel for street wear is chronicled and the adoption of longer shoes with flat heels is observed; for both changes herald a decrease of suffering and an increase of shapeliness.

It is or has been difficult to convince the average woman that a long, slender foot is far prettier and more in accord with classical types such as artists and sculptors love to portray than the chubby, semi-Chinese looking member which they fancy. Vainly fancy, is the more attractive foot. Nor has it been an easier matter to persuade them that a greater appearance of slenderness is attained than is really natural to their feet by the wearing of shoes longer than they usually select, but of a size that is one width narrower.

## Adherents of Style Increasing.

Every woman of artistic taste loves to have a slender looking foot, and that many are being convinced of the above theory is evident from the increased number of apparently slender feet seen upon the street and the advance in the sales of shoes a size or two longer than those sold for the last few years.

A woman has only to try this experiment in the shop where she buys her shoes to become convinced that her foot is far prettier in a longer, narrower shoe than in the short, broad one she usually buys. For instance, if she has worn a shoe that is No. 2½ in length and C in width, let her ask the salesman to bring her a pair of her usual size and another pair of No. 4 length and A or B in width. Upon one foot put a shoe of the first pair and upon the other the longer shoe, which must fit tightly over the instep.



White topped boots should never be worn with dark skirts. They make the ankle appear double its size and have the effect of shortening the height of any one.

Then let her judge for herself by all of the varieties of inspection a pretty woman adopts when she selects her boots which of the two looks the better—the short broad boot or the long, slender one.

A long shoe lessens many of the miseries produced by a short one and it need not necessarily be very long to effect such a change.

It may have a pointed toe and a moderately high heel and be as shapely in outline as the daintiest short boot that ever was seen; but it will permit a grace of action and a comfort in that grace that will soothe an irritation of the toes and temper like magic and at the same time present a more fashionable, refined look than the nastiest short shoe that ever was worn.

It peeps from under the skirts with a sort of deception every woman will forgive when she learns that in her long, narrow boot her foot actually looks much smaller than it does in the one whose tips meet those of her shoes and whose vamps seem possessed of a desire to crush the dainty bones and flesh within them or disclose every defect that the feet may possess.

## Shoes Too Loose Cause Corns.

The tight shoe wrinkle can always be seen upon the forehead of a woman, no matter how earnestly she strives to banish it, and wrinkles are the depredators of feminine beauty, the most dreaded and the least conquerable.

He who claims that corns come from shoes which

are too loose has some grounds for his argument since the friction of a shoe that is too large may cause the trouble. Certain it is he will have more advocates of his theory among womankind than the man who affirms that corns result from shoes that are too tight. In a way he is entitled to the majority, for if a shoe is exceedingly tight there is no chance for friction, and the latter is generally conceded to be the chief foundation for corns.

Besides, whoever knew a woman who wore her shoes too tight?

If the sufferer from corns lives where she can secure the services of a reliable chiropodist, I recom-

mend her to seek him at once for two reasons: First, if he is at all skillful he will immediately relieve the difficulty temporarily and the patient may go forth with a firm and comfortable step instead of the halting, careful one with which she arrived. Besides, she will have gained an insight into the methods employed which will enable her to "treat" her corns herself and thus secure partial immunity from their tortures even though she be remotely situated.

The procedure is painless and is what may be called bloodless surgery. A liquid is brushed over the corn which deadens it for the time being, and then with sharp instruments of shapes adapted to the require-

ments of the difficulty each corn is skillfully pared and softened; then it is "dressed" with a shield cut from chamols, buckskin, or felt and fastened on with strips of adhesive plaster, after which an unguent is applied.

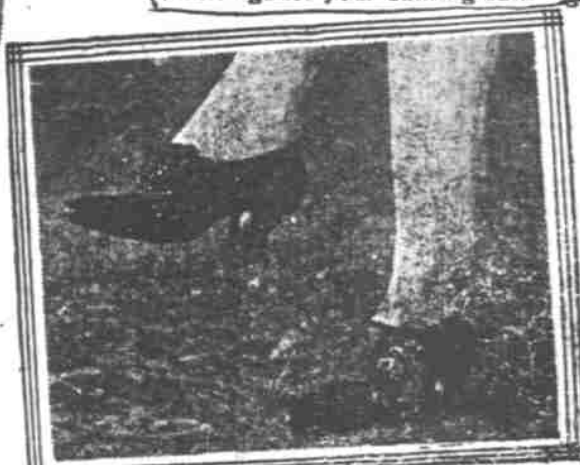
The shield is shaped to the space it is to overlay and has a hole at the center so that the corn itself will not be covered, and its main object is to keep the pressure of the shoe from the corn, thus giving the latter an opportunity of healing. When the unguent has been applied then a piece of adhesive plaster is placed over the hole in the shield to prevent the unguent from rubbing off.



When you return from a walk rub the soles of the feet with half a lemon.



If you wish your feet to appear small, always select dark shoes and stockings for your bathing suit.



Do not be guilty of wearing white stockings with black shoes.



Smart walking shoes for traveling and for summer wear.

## LILLIAN RUSSELL REVEALS HER BEAUTY SECRETS TO INQUIRING READERS.

**MARIE:** Hot witchhazel is good for an oily complexion. Place a cloth which has been dipped in hot witchhazel over the face. This will reduce the pores and remedy an oily skin. If you will send me a stamped, addressed envelope, I shall be glad to send you the formula for an astringent lotion which also is good

for this purpose and an excellent cold cream which will work wonders with the complexion.

**ANNA:** I am afraid you would not be satisfied if you used henna. It would make your hair too red. I wouldn't advise you to dye your hair because you want

to have a reddish tint. However, if you have fully decided to do it I would advise you to go to a reliable beauty shop and have it done by an expert.

**HELEN:** In order to reduce a fat back, practice with a broomstick, using it as a wand. Keep it always

behind the back, raise and lower it, jump with it in your hands, twist and turn and swing it, always working with it behind you. If you will send me a stamped, addressed envelope, I shall be glad to send you a dietary for reducing flesh and the rolling exercises for reducing the hips.

**MOTHER:** If your daughter's hair is thin and will not grow I would advise you to have it "bobbed." This will make it come in thicker. Keep it that way until she is about 3 or 4 years old, then let it grow, and you will see that it comes in heavier. I would not advise you to use anything on it, for she is too young